



SEPT/OCT 2010

VOICE OF EXPERIENCE

**COON RAPIDS
SENIOR SERVICES**

11155 ROBINSON DRIVE NW
COON RAPIDS, MN 55433
763-767-6473

11th ANNUAL SENIOR SAFETY CAMP

KEY NOTE SPEAKER: SSG JOHN KRIESEL

WEDNESDAY, SEPTEMBER 8 9:30 A.M.-2:30 P.M.

We are pleased to announce that this year's keynote speaker is U.S. Army Staff Sergeant John Kriesel. John lost his legs and two buddies in a roadside bomb explosion in Iraq. No one expected him to survive. Miracles started with a few guys who refused to let him die in Iraq and continued on to four hospitals, thirty-five surgeries and months of recovery and rehabilitation. This is not just another war story. This is the story of an ordinary young man who overcame extraordinary challenges. Despite the ordeal, John emerged stronger and more in love with his country, his wife, his children, and ultimately his own life. His recently published book, entitled "Still Standing", will be available for autographs and purchase for \$19.95, if desired. You don't want to miss this inspirational presentation!

Senior Safety Camp is co-sponsored by the Coon Rapids Fire and Police Departments and Senior Services! Events include speakers, expo, live entertainment and more! Presentations vary from year to year, so if you've attended in the past, then join us again for something new! Lunch will include Lasagna Rollups with Marinara and Mozzarella Cheese, Country Blend Vegetables, Apple Slices, French Bread and Cherry Strudel Stick. (Please note that our Senior Dining Site will need you to fill out an information form in order to dine). Thanks to community donations, this event costs only \$6.00 and includes dinner, refreshments, speakers and door prizes. Payment must be made by Thursday, September 2. Registration begins immediately.

THE SENIOR CENTER WILL BE CLOSED MONDAY, SEPTEMBER 6 FOR LABOR DAY

DINNER SHOW

"YODELING SWEETHEART" JOYCE LEONARD

WITH 'TUMBLEWEED PHIL'

THURSDAY, SEPTEMBER 16

You'll love this music—whether it's a heart-warming ballad, a hand-clapping, foot-stomping hoe-down song, yodeling or a wonderful Gospel hymn that will touch your soul! On their way to other Midwest performances, these Michigan entertainers have agreed to stop by Coon Rapids and perform for us! Doors open at 10:30 a.m. and the show starts at 11:00 a.m. Then we'll enjoy a noon dinner with Seasoned Baked Chicken, Mashed Potatoes, Apple Almond Stuffing, Green Beans, and Chocolate Cake. Cost is \$8.00 and needs to be paid by Tuesday, September 7. Registration for this event begins at 9:00 a.m. on Wednesday, September 1, in person or by calling (763) 767-6473.



FLU SHOTS AT SENIOR CENTER! SEE PAGE 4

PEARL OF THE LAKES CRUISE

TUESDAY, SEPTEMBER 28

Enjoy a leisurely luncheon at the Chickadee Cottage Tea Room and Restaurant in Lake City. The menu includes old fashioned chicken salad with grapes, almonds and ring pasta in a delectable creamy dressing. Accompanied by colorful fresh fruit and homemade nut bread, beverage and a dessert.

After lunch take a scenic cruise on Lake Pepin and the Mississippi River aboard Pearl of the Lake. It is a modern day replica of the grand riverboats that traveled the Mississippi River in the 1800's. Learn about the history and take in the natural beauty of the river valley. True to tradition, Pearl of the Lake's only means of propulsion is the twin paddlewheels in the stern. Her name emphasizes the historic significance of paddlewheel boats and the freshwater pearl industry on the upper Mississippi River. Hear how environmental factors impact our Great Mississippi River.



Sign Up: Begins at 9:00 Wed. Sept. 1

Cost: \$57.00

Payment Deadline: Monday, September 13

Bus: Depart 8:45 a.m./Returns 5:00 p.m.



PRESENTS

ALL SHOOK UP

WEDNESDAY, NOVEMBER 10

This irresistible musical comedy-love story is about a small town girl who dreams of hitting the open road and the mysterious guitar-playing stranger who brings romance and rock'n'roll into her life. The story is tailored to the classic hits of Elvis Presley including "Heart break Hotel," "Love Me Tender," "Can't Help Falling in Love," "Blue Suede Shoes," "Hound Dog," "Don't Be Cruel," "Burning' Love," "Jailhouse Rock," "All Shook Up," and many more. Great dancing, too. You'll enjoy this show in the Main Theater, along with a dinner that you can choose off their wonderful menu. Only 42 tickets are available. Great seats.



Sign Up: Begins at 9:00 on Wed. Sept. 1

Cost: \$65.00

Bus: Depart at 10:30 a.m./Return at 5:30 p.m.

Payment Deadline: Wednesday, October 27

FANNY HILL DINNER THEATER PRESENTS

"ON GOLDEN POND"

WEDNESDAY, SEPTEMBER 29

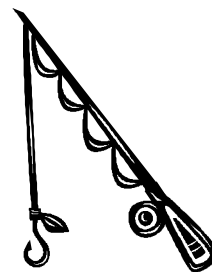
Over the river and through the woods to Eau Claire, Wisconsin, we go. Fanny Hill's dinner experience always promises to be scrumptious! Our meal will include a Garden Salad with Honey Poppy Seed Dressing, Whole Wheat Bread, Tender Roast Pork Loin with a Sherry Sauce, Au Gratin Potatoes, Squash, Vegetable and your choice of Coffee, Tea or Milk. For dessert you'll love Fanny Hill's favorite Pumpkin Pie. Then sit back and enjoy the show. This is the love story of Ethel and Norman, who are returning to their summer home on Golden Pond for the forty-eighth year. We all remember the movie with Katherine Hepburn and Henry and Jane Fonda. Wry humor, much affection, and a keen sense of life well-lived have made this show a timeless classic. Touching and VERY funny.

Sign Up: Begins at 9:00 on Wed. Sept. 1

Bus: Departs at 9:45 a.m./Returns at 6:00 p.m.

Cost: \$58.00

Payment Deadline: Wednesday, September 15



RIDE THE RAILS

THURSDAY, OCTOBER 7

Travel to Spooner, Wisconsin and take in the autumn colors on the Great Northern Railroad. This historic railroad recreates the atmosphere of rail travel using rebuilt cars from 1912 to 1918. A delicious lunch will be served in the dining car: Chicken Cordon Bleu, Long Grain and Wild Rice, California Mixed Vegetables, Dinner Roll, Cookie and Coffee or Lemonade. After the train ride, arrive at Pleasant Valley Orchards in rural Schafer, Minnesota. Purchase your favorite Minnesota Grown Apples and other products. There are sweeping views of the St. Croix Valley, and a gift shop in the renovated red dairy barn.



Sign Up: Begins at 9:00 on Wed. Sept. 1

Cost: \$66.00

Payment Deadline: Monday, September 13

Bus: Departs at 8:30 a.m./Return 4:30 p.m.

SINGING * DANCING * COMEDY

GERITOL FROLICS

IN BRAINERD

THURSDAY, OCTOBER 21

Join us for an autumn drive to Brainerd. Our day starts out with lunch at the Saw Mill Inn. Enjoy a turkey dinner complete with stuffing, mashed potato, gravy, vegetable, dinner roll and ice cream for dessert. Also you can have your choice of coffee, iced tea, pop or milk. Then it is back on the bus for a 4 block drive to see Geritol Frolics. Tap your toes and laugh out loud at this variety show in vaudeville fashion, performed by talented Seniors! They've been performing seven years and every season is different. This show includes Broadway and movie music. Their theme song is "YOU ARE AS YOUNG AS YOU ACT, YOU ARE AS YOUNG AS YOU FEEL"! It is worth the trip!

Sign Up: Begins at 9:00 on Wednesday Sept. 1

Cost: \$50.00 (everything included)

Payment Deadline: Thursday, October 7

Bus: Departs 10:30 a.m./Returns 6:30 p.m.

MARK YOUR CALENDARS!

BAZAAR & OKTOBERFEST

TUESDAY, OCTOBER 12

9:00 A.M.-3:00 P.M.

CRAFTS—REFRESHMENTS—RAFFLE

BAKE SALE—AUNT MARY'S ATTIC

LIVE ENTERTAINMENT BY JOHN STEINER & MORE!

See Page 16 for more details!



CHECK US OUT ON THE WEB!

www.coonrapidsmn.gov



FLU SHOTS

AND PNEUMONIA SHOTS

AT THE SENIOR CENTER

MONDAY, OCTOBER 4

Do you need to get your flu shot? Cub pharmacists will be providing flu and pneumonia shots by appointment at the Coon Rapids Senior Center. The cost is \$26.99 unless covered by insurance. There is no charge if you have traditional Medicare Part B, a Railroad Medicare Card or other selected Medicare HMO plans. Schedule an appointment by calling the Senior Center at (763) 767-6473. Don't forget to bring your insurance information to the appointment.



OUTBACK STEAKHOUSE IN COON RAPIDS

MONDAY, OCTOBER 18

Enjoy a night out for a wonderful dinner. The van will pick you up and drop you off at your Coon Rapids home for a donation of \$2.00. Or you can meet the group by 5:00 at the restaurant located at 8880 Springbrook Drive. Please indicate your preference at the time of registration. The meal, tax and gratuity are paid for on your own. Sign up begins at 9:00 a.m. on Wednesday, September 1.

SEPTEMBER CASINO TRIP

ST. CROIX CASINO

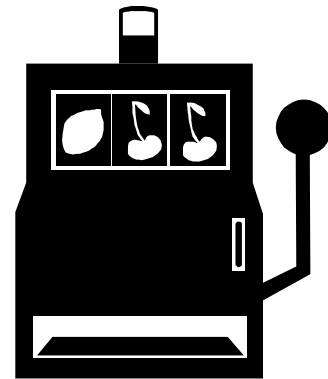
WEDNESDAY, SEPTEMBER 15

Sign Up: Begins Wed. Sept. 1

Cost: \$6.00 (includes \$5.00 back at casino, bus and casino escort)

Payment Deadline: Wednesday, September 8

Bus: Departs at 9:00 a.m./ Returns 4:00 p.m.



OCTOBER CASINO TRIP

MYSTIC LAKE

FRIDAY, OCTOBER 8

Sign Up: Begins at 9:00 on Wed. Sept. 1

Cost: \$6.00 (includes 'Play \$10 Get \$10', bus and escort.)

Payment Deadline: Monday, September 27

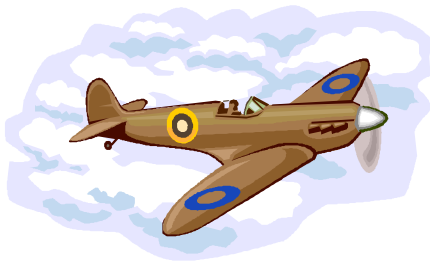
Bus: Departs at 9:00 a.m./ Returns 4:30 p.m.

ATTENTION CASINO ATTENDEES:

Please note that ALL casinos now require us to prepare a 'Manifest' prior to the trip. This means that we need everyone's casino card number in advance. If you do not have a card, then we need your date of birth and address. This information can be provided at the time of registration or at the time of payment. Thanks for your cooperation.

LIVING HISTORY PRESENTATION

FRIDAY, OCTOBER 22 at 10:30 a.m.



The women of Minnesota pitched in to do their part during World War II, breaking out of traditional roles. Some signed on to work in defense plants, while others took advantage of opportunities in the military. Virginia Mae Hope, a native of Winnebago, Mn, joined the W.A.S.P.s (Women's Air Force Service Pilots) in 1943, and flew planes from one base to another to free a male pilot for war duty. An actress portraying

Virginia Mae Hope will talk about her life as a World War II Women Air Force Service Pilot. She'll talk about her childhood during the Great Depression, the changing roles of women during World War II, and being a pilot during the war.

There is no school on this day, so this would be a great opportunity to **invite your grandchildren** to this wonderful program, and talk about it afterwards. This presentation is geared for adults and kids. Sign-up begins immediately. The cost is \$1 per person at the door. Please register by Monday, October 11.



LADIES TEA AND VINTAGE HAT SHOW

FRIDAY, OCTOBER 8

Step into the past with this interactive Hat Show. From the Sunbonnet to the Pillbox, there is an exquisite array of hats in this show. Every decade will hold a tale of the past that is sure to evoke fond memories for all.

The food for the tea will be provided by Floyd Kusie. Savor the delicious sandwiches, tea and other tasty delights. Please bring your own teacup and saucer, and wear your favorite hat. Seating is limited. Sign up begins at 9:00 a.m. on Wednesday, September 1. The cost is \$7.00 and the payment deadline is Monday, September 27.



Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age with a valid driver's license can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others may take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. Plan ahead! **These classes fill up early.** Call (763) 767-6473 to register or to get a complete listing of 2010 classes.

4-HOUR REFRESHER COURSE: \$18.00

Monday, September 13: 10:00 a.m.-3:00 p.m.

Monday, September 20: 5:30 p.m.-9:30 p.m.

Monday, October 25: 10:00 a.m.-3:00 p.m.

Monday, November 1: 10:00 a.m.-3:00 p.m.

Monday, November 15: 5:30 p.m.-9:30 p.m.

8-HOUR COURSES: \$20.00

Mondays, October 4 **and** 11: 5:30-9:30 p.m.

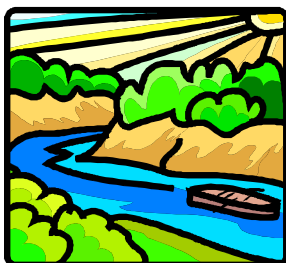
Mondays, Nov. 22 **and** 29: 10:00 a.m.-3:00 p.m.

"RIVERRRATS"

A Mississippi River Slideshow

Monday, September 20 at 1:00 p.m.

Join Kris Niebler as she shares a slideshow of her recent trip down the Mississippi River. Kris and her husband, Tom, started their trip north of Minneapolis and traveled in a small 'jon' boat through 9 locks and dams and 175 river miles to the Winona area, tent-camping along the way. Their photos and stories will have you understanding why they are so in love with this country's most famous river. No cost to attend, but please reserve a seat by calling (763) 767-6473.



SEPTEMBER TEA TALK

"A MIRTHFUL SPIRIT EMBRACING LAUGHTER FOR WELLNESS"

WEDNESDAY, SEPT. 29 at 1:30 p.m.

In Edna Thayer and Mary Huntley's book, they describe how to use laughter and positive mirth as simple prescriptions for wellness. Edna, (aka The Laughing Lady) has given over 800 talks on humor THAYER-apy. A Mirthful Spirit makes the connection between laughter and music, shows adults how to grow up mirthfully with children, and ponders the historical and cultural aspects of humor. Written in a light, festive manner, the book is based on the wisdom of laughter and wellness stories shared through many interviews. It inspires readers to intentionally seek out and create opportunities for mirth and laughter while minimizing negative humor in everyday life. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, September 22.



OCTOBER TEA TALK

"ATTITUDES AT EVERY ALTITUDE"

WEDNESDAY, OCT. 6 AT 1:30 P.M.

If you like to travel, this is the book for you. Author, Gregg Proteaux has been in the airline industry for 26 years. Welcome aboard for a close-up view of airline travel today based on real-life miles flown. Over 300 humorous situations are covered including relationships among passengers, flight attendants, pilots and the airlines of today. Hear Gregg's humorous views about the newest surcharges, smaller seats and delayed flights which occur in airline travel every day. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, September 29.



LIFELONG LEARNING

How about learning something new? Sign up by calling the Senior Center at (763) 767-6473. For planning purposes, it is very helpful if you register for these presentations, even if they are free.....THANKS!

'SPEED PAINTING' DEMONSTRATION ON THURSDAY, SEPTEMBER 16 AT 1:00 P.M. Watch Jerry Naylor, as he completes a work of art in less than one hour, using the technique of 'Speed Painting' (as seen on TV). No cost to attend, but please register in advance.

REIKI ON MONDAY, SEPTEMBER 20 AT 10:30 A.M. Learn how Reiki helps with pain, relaxation and assisting the body's natural ability to heal itself. It is something that is easy to do on yourself or others. Sydney Milam, who is a Registered Nurse at Mercy Medical Center, will do the presentation. There is no fee for this presentation, but please register by Tuesday, September 7 by calling (763) 767-6473.

GENEALOGY CLASS "PUBLISHING YOUR GENEALOGY" ON THURSDAY, SEPTEMBER 23 AT 1:00 P.M.- Look at software and ideas for sharing your research with other family members. The cost is \$5.00. Payment deadline is Wednesday, September 15. Instructor: Cathi Weber

THE DIARY OF ANNE FRANK-A PERSONAL VISIT TO AMSTERDAM ON MONDAY, SEPTEMBER 27 AT 10:30 A.M.- In this travelogue, Dr. Irene Khin Khin Jensen remembers her trip to Amsterdam, where she climbed the steep stairs to the attic where Anne Frank and her family hid for several months. Dr. Jensen has a special connection with this location, after teaching *The Diary of Anne Frank* as part of her World War II course at Augsburg College. This trip took on additional significance for Dr. Jensen, a survivor of the Japanese occupation in Burma. In this lecture, Dr. Jensen will share her own experience living in extreme conditions during World War II. A video and some slides will accompany the one hour program. The cost is \$5.00 and the payment deadline is Monday, September 20.

GENEALOGY CLASS "IMMIGRATION RECORDS" ON THURSDAY, OCTOBER 28 AT 1:00 P.M. Learn about the different ports of entry and how you can look for Immigration records: ship manifests, citizenship papers and more. The cost is \$5.00. Payment deadline is Wednesday, October 20. Instructor: Cathi Weber

BOOK CLUB

Our Book Club meets the 4th Thursday of the month at 10:30 a.m. (some exceptions apply). After the meeting, lunch at a local café is optional. No sign up needed. Everyone is welcome to join us!

September-"Maisie Dobbs" by J. Winspear

October- "The Big Short" by M. Lewis

November—"Outliers" by M. Gladwell

January—"I Know Why The Caged Bird Sings" by M. Angelou



Mon		Tue		Wed		Thu		Fri	
<div>SEPTEMBER 2010</div>				<div>1 Registration Day 9:00 Vets/Exercise 9:00 Happy Feet 9-3 Stamping Club/Bl.Press 10:00 Dining 12:00 500 Cards/Bunco 12:45</div>		<div>2 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00</div>		<div>3 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45 Super Senior Club 1:00</div>	
<div>6 LABOR DAY</div>		<div>7 Square Dancing 9:00 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Shopping-Cub 12:45 Branson Travel Show 1:00 Cribbage 1:00</div>		<div>8 Vets 9:00 Safety Camp 9:30—2:30 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 Good Neighbors 1:00 Senior Dance 1:00 Sorry—There will be NO Exercise or '500'!</div>		<div>9 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Spanish 12:45 Woodcarving 1:00 Pinochle 1:00 Parkinsons 2:00</div>		<div>10 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45</div>	
<div>13 Exercise 9:00 Def.Driving 10:00 Quilting 10:00 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00</div>		<div>14 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00</div>		<div>15 Vets/Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards/Bunco 12:45 Good Neighbors 1:00 Senior Dance 1:00</div>		<div>16 Goldentones 9:15 Crochet & Knit 10:00 Dinner Theater 11:00 Bingo 12:45 Woodcarving/Pinochle 1:00 Speed Painting 1:00</div>		<div>17 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45</div>	
<div>20 Exercise 9:00 Quilting 10:00 Reiki 10:30 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00 Mississippi Slide Show 1:00 Def.Driving 5:30</div>		<div>21 Square Dancing 9:00 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Over 90 Party/Dining 11:15 Bridge 12:45 Shopping-Rainbow 12:45 Cribbage 1:00</div>		<div>22 Vets/Exercise 9:00 Blood Pressure 10:00 Stamping Club 10:00 Dining 12:00 500 Cards 12:45 Bunco 12:45 Good Neighbors 1:00</div>		<div>23 Goldentones 9:15 Crochet & Knit 10:00 Book Club 10:30 Dining 12:00 Bingo 12:45 Spanish 12:45 Genealogy 1:00 Woodcarving/Pinochle 1:00</div>		<div>24 Exercise 9:00 For Art's Sake 9:30 Yoga 10:15 Dining 12:00 Hand & Foot 12:45</div>	
<div>27 Exercise 9:00 Quilting 10:00 Diary of Anne Frank 10:30 Dining 12:00 Bingo 12:45 Chess 12:45 Creative Writers 1:00</div>		<div>28 Cruise 8:45 AA Meeting 9:30 Craft Club 10:00 Stamp Cutting 10:00 Dining 12:00 Bridge 12:45 Cribbage 1:00</div>		<div>29 Fanny Hill 9:45 Vets/Exercise 9:00 Stamping Club/Bl.Press 10:00 Birthday Party & Dining 11:00 500 Cards/Bunco 12:45 Good Neighbors 1:00 Tea Talk 1:30</div>		<div>30 Goldentones 9:15 Crochet & Knit 10:00 Dining 12:00 Bingo 12:45 Woodcarving 1:00 Pinochle 1:00</div>		<div></div>	

Mon		Tue		Wed		Thu		Fri	
OCTOBER 2010								1	
								Exercise	9:00
								For Art's Sake	9:30
								Yoga	10:15
								Dining	12:00
								Hand & Foot	12:45
								Super Senior Club	1:00
4		5		6		7		8	
Flu Shots		Square Dancing	9:00	Vets/Exercise	9:00	Ride the Rails	8:30	Exercise	9:00
Exercise	9:00	AA Meeting	9:30	Happy Feet	9-3	Goldentones	9:15	For Art's Sake	9:30
Def.Driving	10:00	Craft Club	10:00	Stamping Club/Bl.Press	10:00	Crochet & Knit	10:00	Yoga	10:15
Quilting	10:00	Stamp Cutting	10:00	Dining	12:00	Dining	12:00	Dining	12:00
Dining	12:00	Dining	12:00	500 Cards/Bunco	12:45	Bingo	12:45	Hand & Foot	12:45
Bingo	12:45	Bridge	12:45	Good Neighbors	1:00	Woodcarving	1:00	Ladies Tea	1:30
Chess	12:45	Shopping-Cub	12:45	Tea Talk	1:30	Pinochle	1:00		
Creative Writers	1:00	Cribbage	1:00						
11		12		13		14		15	
Exercise	9:00	AA Meeting	9:30	Vets/Exercise	9:00	Goldentones	9:15	Exercise	9:00
Def.Driving	10:00	Dining	12:00	Stamping Club/Bl. Press	10:00	Crochet & Knit	10:00	For Art's Sake	9:30
Quilting	10:00	Bridge	12:45	Dining	12:00	Dining	12:00	Yoga	10:15
Dining	12:00	Cribbage	1:00	Bunco	12:45	Bingo	12:45	Dining	12:00
Bingo	12:45	Bazaar 9-3		500 Cards	12:45	Spanish	12:45	Hand & Foot	12:45
Chess	12:45			Good Neighbors	1:00	Woodcarving/Pinochle	1:00		
Creative Writers	1:00			Senior Dance	1:00	Parkinsons	2:00		
18		19		20		21		22	
Exercise	9:00	Square Dancing	9:00	Vets Coffee/Exercise	9:00	Goldentones	9:15	Exercise	9:00
Quilting	10:00	AA Meeting	9:30	Blood Pressure	10:00	Crochet & Knit	10:00	For Art's Sake	9:30
Pre Planning Funerals	10:30	Craft Club	10:00	Stamping Club	10:00	Geritol Frolics	10:30	Yoga	10:15
Dining	12:00	Stamp Cutting	10:00	Dining	12:00	Book Club	10:30	Living History	10:30
Bingo/Chess	12:45	Dining	12:00	500 Cards	12:45	Dining	12:00	Dining	12:00
Creative Writers	1:00	Bridge	12:45	Bunco	12:45	Bingo	12:45	Hand & Foot	12:45
Out to Dinner	5:00	Shopping-Rainbow	12:45	Good Neighbors	1:00	Woodcarving	1:00		
Def.Driving	5:30	Cribbage	1:00	Senior Dance	1:00	Pinochle	1:00		
25		26		27		28		29	
Exercise	9:00	AA Meeting	9:30	Fanny Hill		Goldentones	9:15	Exercise	9:00
Quilting	10:00	Craft Club	10:00	Vets Coffee/Exercise	9:00	Crochet & Knit	10:00	For Art's Sake	9:30
Dining	12:00	Stamp Cutting	10:00	Stamping Club/Bl.Press	10:00	Halloween Party/Dining	11:15	Yoga	10:15
Bingo	12:45	Dining	12:00	Birthday Party & Dining	11:00	Bingo	12:45	Dining	12:00
Chess	12:45	Bridge	12:45	500 Cards	12:45	Spanish	12:45	Hand & Foot	12:45
Creative Writers	1:00	Cribbage	1:00	Bunco	12:45	Woodcarving/Pinochle	1:00		
				Good Neighbors	1:00	Genealogy	1:00		

Over 60 or an adult with a disability?

ACCAP CHORES & MORE

**YOUR ONE STOP SHOPPING FOR:
MINOR HOME REPAIRS
HOUSEKEEPING
SEASONAL CHORES**

- Snow Removal
- Lawn Mowing
- Spring & Fall Clean-up

ATTENTION:

Start calling on September 1 to get on the Fall clean up list and the snow removal list.



CALL ANN at (763) 767-6521

SENIOR DANCES

**WITH
LIVE
MUSIC**



**COON RAPIDS
AMERICAN LEGION**

**2ND & 3RD
WEDNESDAYS!**

1:00-4:00 p.m.

\$5.00/Person

For Information Call 421-6260 or 755-5787

TOURCO FIRSTLINE TOURS PRESENTS A BRANSON CHRISTMAS!



TRIP : November 26-30 (5 days & 4 nights)

TRAVEL SHOW: Tuesday, September 7 at 1:00 p.m.

Come to our Travel Show and learn all about an awesome trip to Branson! Coon Rapids Senior Services and Tourco Firstline Tours is hooking up to bring you another fabulous Branson Christmas Trip! We've done this trip several times in the past and it promises to be a lot of "Bank for your Buck!" Tour highlights are too many to mention here, but include motor coach bus, nights 1 & 4 lodging in the Kansas City area and two nights lodging in Branson on days 2 and 3, coffee and roll break, Branson area tour, shopping time, 4 breakfasts and 2 dinners, Tourco's Tour Manager and five musical shows including Shoji Tabuchi, Grand Country Jubilee, Yakov Smirnoff Christmas Show, The Brett Family and Spirit of Christmas. Cost is \$659.00 per person based on a double room and \$859 per person for a single room. There is no cost or obligation to attend the Travel Show! However, please call (763) 767-6473 to make a reservation.

NEW GROCERY SHOPPING TRIPS

Coon Rapids Seniors can take the Senior Center Bus to go grocery shopping! We're changing the format of our Tuesday shopping trips to better serve you! You can still be picked up at your home in the morning and enjoy a Senior Dining Lunch before shopping OR we can pick you up at your home in the afternoon and bring you directly to the store. You will be able to shop for an hour and fifteen minutes.



The cost is \$3.00 round trip and reservations need to be made two days in advance by calling Cindy at (763) 767-6473.

September 7 & October 5:

Riverdale Cub/Wal-Mart

September 21 & October 19:

Riverdale Rainbow/Target

PRE-PLANNING FUNERAL BENEFITS MONDAY, OCTOBER 18 10:00 A.M.

Individuals of all ages are welcome to attend a free information seminar on funeral planning. Pre-planning specialist Jack Mattura will address the issues and benefits of pre-planning funerals, locking in prices for life, protecting your assets and making arrangements transferable nationwide. There is no cost or obligation to attend. Call (763) 767-6473 to register.



IN OUR THOUGHTS...

We extend our thoughts and prayers to the friends and family of those who passed away recently including Nellie Kozlak, Beverly Ruhl, Dee Knoll, Paul Moore, Stanley Stenerson, Arvilla Hennessey, and Nellie Strohbeen.



CHESS ANYONE?

MONDAYS AT 12:45

Have fun and keep your brain sharp when you join our Chess Club! We'll meet Mondays at 12:45 p.m. in the Rec Room. It



would be helpful if you could bring a chess set with you. No need to sign up. Just come on in and join in the fun!

SPANISH CHAT GROUP

2ND & 4TH THURSDAYS AT 12:45 P.M.

Hola. ¿Habla usted español? Do you know a little Spanish and would like to try to keep in practice? Join this informal chat group as they try to keep up with what conversational Spanish they know and brush up on their skills. No cost and no reservation needed. Held in Conference Room #5 (behind Gift Shop).





FREE CRAFT SUPPLIES

TUESDAY, SEPTEMBER 14 AT 10:00 A.M.

The Senior Center has received so many generous donations of craft supplies that we need to clean out our closet! Come on in and take whatever you need! FREE! We'll have it all out on tables including fabric, patterns, plastic canvas, brand new envelopes, beads, embroidery floss and much, much more! Seniors 55+ only. Bring your own bags, if possible.

SERVICE OPPORTUNITY

FEED MY STARVING CHILDREN

FRIDAY, OCTOBER 15



The Senior Center has signed up for a two-hour shift to pack meals for children around the world and we need 14 volunteers. Can you help? Last year 310,000 volunteers joined Feed My Starving Children to package 73.6 million meals for children in 60 countries around the world! Be a part of this worthwhile cause! Volunteers need to stand for two hours and wear close-toed shoes. If you are ill or have any food allergies, you are asked not to attend. Our bus will depart the Senior Center at 9:00 a.m. and return at approximately noon. No cost. To sign up, please call Senior Services at (763) 767-6473.

RED CROSS BLOOD DRIVE

DO GOOD. FEEL GOOD. GIVE BLOOD.

COON RAPIDS SENIOR CENTER——MONDAY, OCTOBER 4

Call (651) 291-4607 for an appointment.



Notes From The Goldentones

If you love to sing and love to bring joy to others, please consider joining the Goldentones Choir. They will resume their rehearsals on Thursday, September 9 at 9:15 a.m. This group of seniors performs at nursing homes, senior apartments, assisted living facilities and the Senior Center. New members are always welcome!

THINK GREEN! BRING YOUR OWN CUP!

Did you know we go through hundreds of Styrofoam cups each month? Here's an idea! How about bringing your own coffee mug to the senior center?! Rinse it out when you're done and take it back home empty. Save us money and save the planet at the same time!



SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

Vice President Verna Dentz was the presiding President for the July 2 meeting (Thank you, Verna, for a job well done!). Twenty-five members were in attendance. As of June 18, 225 boxes have been sent to Iraq. Donations and postage money are always needed, as are names and addresses of service men and women overseas. Please contact Ann Lund at 763-754-0537 if you have questions.

So far only the current officers will be on the ballot for the October 1 election. However, additional nominees may be presented at the September 3 meeting. Please consider being a Super Senior Club officer. Many thanks to Gloria Waskey and Betty Pofert for serving as our Nominating Committee.

If you are interested in working in the gift shop as a substitute (or a regular) please let me know. I can be reached at 763-785-0888. WE HAVE EXCELLENT TRAINERS!

Our August 6 Summer Party was a huge success. Everyone thoroughly enjoyed Bingo and partaking of a traditional chicken and potato salad picnic lunch. Helen Swaim and Verna Dentz planned it all. Thank you!

At our September Super Senior Club meeting, we will be entertained by Fridley's own Art Ohotto. In October Bill Reichenborn's own Accordion Club will entertain us with its music. You won't want to miss it!

Please remember to save those extra special gift shop donations for our October 12 Bazaar. We will also welcome many more handicraft items—afghans are especially needed. A sign up sheet for volunteers will be placed in the Gift Shop on August 30. Please consider helping us out with this worthy cause.



Wishing you a beautiful autumn. Stay safe.

Helen Steffen

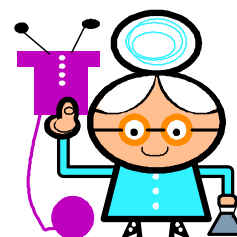


SUPER SENIOR CLUB MEMBERSHIP DUES

Time flies when you're having fun! It is time to pay Super Senior Club dues again. The dues are still only \$7.00. You may pay your dues at a Super Senior Club Meeting or at the Gift Shop counter or you can contact Joan Neuenfeldt. Remember Club membership is **not** required to take part in Senior Dining or any other non-club senior activity at the Senior Center. It is, however, an additional opportunity to participate in social and service events, including the monthly meeting which includes treats and live entertainment!

DONATIONS NEEDED!

Our annual Bazaar and Aunt Mary's Attic is right around the corner on Tuesday, October 12! It's time to sort through your closets and donate clean, useable articles to the Bazaar! Such items as house wares, knick knacks, framed pictures, and gift items will be accepted. Sorry, no electronics or clothing. Donations can be dropped off at the gift shop Monday through Thursday, 10:00 a.m.—Noon through October 5. Thank you!



COON RAPIDS SENIOR DINING



OPEN: 8:30 A.M.—1:00 P.M. MONDAY—FRIDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$3.50(with NAPIS form on file)

(Under 60 yrs old is \$6.50)

CALL: (763) 767-6524 by noon, two business days in advance, for a reservation.

Current NAPIS form must be on file to eat.

OVER 90'S CELEBRATION

TUESDAY, SEPTEMBER 21

Everyone is welcome to join us for a special celebration for our friends who are 90 years of age or more! Enjoy a reception in their honor beginning at 11:00 a.m. The program begins at 11:15 a.m., with some old-time favorites by the Goldentones Choir and a special recognition of those "Over 90"! At noon, we'll share in a delicious dinner including Ham & Scalloped Potatoes, Cauliflower and Peas, Rye Bread and Pumpkin Pie. If you are over 90 years of age, please let us know at the time of your meal registration, so you can be involved in our special recognition. Make your reservation by calling (763) 767-6524 before Thursday, September 9. Cost for everyone over 60 years of age is \$3.50 and can be paid on the day of the event.

WIN A PRIZE AT THE SPOOK-TACULAR HALLOWEEN PARTY

THURSDAY, OCTOBER 28

Wear a costume and brew up some howling good fun at our Halloween Party! The Goldentones will scare up some spooky music at 11:15 a.m. Then enjoy a delicious dinner including Pork Fritter with Gravy, Scalloped Potatoes, Squash, Rye Bread and Cranberry Apple Crisp. If you wear a costume, you get your name in a drawing for a Cub Gift Card! Suggested donation is \$3.50. Call (763) 767-6524 before Tuesday, October 26, for a reservation. This party is FUN.....so don't miss it!

BIRTHDAY CELEBRATIONS

WEDNESDAY, SEPTEMBER 29: THE SUNSHINE BAND

WEDNESDAY, OCTOBER 27: ARTHUR OHOTTO—CONCERTINA

Everyone is welcome to join us as we celebrate birthdays! Live entertainment begins at 11:00 a.m. Then we'll enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing, too. Thanks to Culvers of Coon Rapids and Dean Foods for donating prizes. All this for just the suggested donation of \$3.50! Everyone is welcome to join us by making a reservation at least two business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

PLEASE NOTE: Sorry....but you must be signed up for a Senior Dining Meal in order to observe the special events and entertainment on Senior Dining pages 14 and 15!

SENIOR DINING MENUS

Please state selection when making reservation.

Complete menus are available at the Senior Center. Stop by and pick one up!

SEPTEMBER

Wed 1	Baked Ham (Or Turkey)
Thurs 2	Chicken Spiral Pasta Salad w/craisins
Fri 3	Stuffed Veal Cutlet (Or Pepper Steak) w/gravy
Mon 6	CLOSED FOR LABOR DAY
Tues 7	Meatballs w/Creole Sauce
Wed 8	Safety Camp (see page 1)
Thurs 9	Ginger Pork Loin (Or Turkey) w/gravy
Fri 10	Sloppy Joe
Mon 13	Tator Tot Casserole
Tues 14	Creamy Wild Rice Soup & Ham Sandwich
Wed 15	Salisbury Steak
Thurs 16	Dinner Theater (see page 1)
Fri 17	Chicken Florentine over Penne Pasta
Mon 20	Italian Turkey Meatloaf
Tues 21	Over 90's Party —Ham (Or Turkey) & Scalloped Potatoes
Wed 22	Tuna (Or Chicken) Pasta Salad w/veggies
Thurs 23	Healthy Baked Fish (Or Chicken Patty)
Fri 24	Sliced Turkey w/gravy
Mon 27	Swiss Steak
Tues 28	Turkey ala King
Wed 29	Birthday Meal-Beef Pot Roast
Thurs 30	Beef Vegetable Chow Mein Casserole

OCTOBER

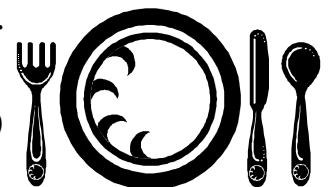
Fri 1	Salisbury Steak
Mon 4	Ham Slice & Mashed Sweet Potatoes
Tues 5	Meatballs in Jardiniere Sauce
Wed 6	Lasagna Roll-Up
Thurs 7	Chicken Stew with Vegetables
Fri 8	Swiss Steak/Baked Potato
Mon 11	Seasoned Baked Chicken/Mashed Potatoes
Tues 12	Octoberfest (see page 16)
Wed 13	Turkey Pasta Salad and Pie
Thurs 14	Hot Beef Sandwich/Mashed Potatoes
Fri 15	Chicken Florentine Alfredop
Mon 18	Country Fried Steak (Or Beef Patty)
Tues 19	Italian Turkey Loaf (Or Meatloaf)
Wed 20	Chicken Breast/Mashed Potatoes
Thurs 21	Lasagna Square with Marinara Sauce
Fri 22	Chunky Turkey Divan with Broccoli
Mon 25	Pineapple Tarragon Chicken Breast
Tues 26	Tuna (Or Chicken) Noodle Casserole
Wed 27	Birthday Meal- Sliced Turkey
Thurs 28	Halloween Party—Pork Fritter
Fri 29	Beef Wild Rice Casserole

Menus Subject To Change

VOLUNTEER DISHWASHERS WANTED

Can you help run our commercial dishwasher? We need volunteers! You can sign up for one day a week , special events or even just as a substitute! Hours are 12:00-1:00 p.m., Monday –Friday. Training provided. Interested? Please call Margaret at 763-767-6524. Thanks!

A special round of applause to Merlyn Strand for being our loyal and hardworking dishwasher for the past 12 years or so. It is estimated that he ran the dishwasher on at least 2,400 days! WOW! Now that's dedication!



Coon Rapids Senior Services
11155 Robinson Drive
Coon Rapids, MN 55433-3761

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COON RAPIDS SENIOR SERVICES (763) 767-6473

PROGRAM SPECIALIST—KRIS NIEBLER

PROGRAM ASSISTANT—CINDY OLSON

CHORES & MORE/SENIOR COMPANION—ANN KUSIE—(763) 767-6521

FACILITY COORDINATOR—JANELLE SCOTT (763) 767-6522

SENIOR DINING PROGRAM—MARGARET WEIS—(763) 767-6524

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

BAZAAR & OKTOBERFEST

TUESDAY, OCTOBER 12

9:00 A.M.-3:00 P.M.

CRAFTS—REFRESHMENTS—RAFFLE—BAKE SALE

AUNT MARY'S ATTIC—LIVE ENTERTAINMENT & MORE!

We've got something for everyone...crafts, baked goods and our popular garage-sale-type items! Also, enjoy live accordion music by John Steiner (10:30 a.m.—noon). No reservation needed for the Bazaar...Just come on in and join us for the fun!

If you like, join our Senior Diners for an Oktoberfest noon dinner including Smoked Bratwurst on a Bun, German Potato Salad, Red Cabbage and Black Forest Cake. Call (763) 767-6524 before Thursday, October 7 if you would like to reserve a meal. Payment of **\$3.50** can be made at the door.